

Behavioural therapy via Skype

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INTRODUCTION AND OBJECTIVES

Behavioural therapy has been shown to be an effective treatment of tics¹. In the Tourette Clinic at the paediatric department of Herlev University Hospital, we have offered this treatment since 2013. In December 2014, the Danish translations of the original Dutch treatment manuals were published². Since we have patients with Tourette syndrome from the whole country, some patients need to travel for several hours to come to our clinic. Therefore, it can be difficult for them to participate in behavioural therapy. In this pilot study, we want to examine the effectiveness of behavioural therapy via Skype and we hypothesize that its effectiveness is comparable to behavioural therapy with weekly sessions at the Tourette clinic.

METHODS

We started a pilot project with Skype in December 2014. Until now, 10 patients have participated. Before starting behavioural therapy, the family is introduced to the methods during a meeting at the Tourette clinic and if behavioural therapy is indicated and feasible, sessions two to eleven will be offered via Skype. The last session takes place at the Tourette clinic. Both before start and after the 12th session, the following instruments are used to assess the effectiveness of the treatment:

1. Yale Global Tics Severity Scale (YGTSS)
2. Children's Yale-Brown Obsessive Compulsive Scale (CY-BOCS)
3. ADHD-Rating Scale (ADHD-RS)
4. PedsQL (Quality of Life)

We will compare these results with the other patients from our clinic receiving behavioural therapy with weekly sessions at the Tourette Clinic.

RESULTS AND DISCUSSION

We will present the results on tics severity, comorbidity, and quality of life of the patients joining the pilot study. If the effectiveness of behavioural therapy via Skype turns out to be equally effective compared to behavioural therapy with weekly sessions at the Tourette clinic, we will offer Skype-treatment to all the patients who find it difficult to physically meet weekly at the Tourette clinic.

CONCLUSIONS

If behavioural therapy via Skype turns out to be as effective as behavioural therapy with weekly sessions at the Tourette clinic, it will be possible to offer behavioural therapy to many more patients with Tourette syndrome in Denmark.

REFERENCES

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